## **Additional Resources**

Download the following resources to held extend your Crunch Time celebration!

Montana Crunch Time Fun Sheet for Kids Word
Montana Crunch Time Flyer
Montana Crunch Time Modifiable Flyer
Montana Crunch Time Modifiable Fill-in Flyer
Montana Crunch Time Logo

## **Apple Recipes for Food Services**

Apple Cake
Apple Crisp
Baked Sweet Potatoes and Apples

## **Apple Recipes for Home or Classroom**

Apple Cheddar Quesadillas
Apple Pie Smoothie
Baked Apples with Dried Cherries and Raisins

## **For More Information**

Aubree Roth
Farm to School Coordinator, Montana Team Nutrition Program
Montana State Lead, National Farm to School Network
Phone 406-994-5996
Email aubree.roth@montana.edu

Learn more about Farm to School in Montana at www.opi.mt.gov/Farm2School

Resources and ideas about National Farm to School Month in October: www.farmtoschoolmonth.org

Learn more about Food Day and check out the school curriculum at www.foodday.org

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.